

Health and Safety Inventory

Teacher Reference

EXERCISE SECTION				
	Inventory Questions	Ideas for School Improvement	Connections to Kentucky Standards	Resources
1	How often is each student required to participate in physical activity during school hours? (e.g., 30 minutes per day, 45 minutes twice a week)	Submit to the school site-based council a wellness policy that requires a healthy amount of physical activity for each student over the course of the school year.	<p>AE 2.31, 2.34, 2.35</p> <p>CCA PL-1.2.01, PL-2.2.01</p> <p>SISI 1.1a, 8.1c, 9.1a-9.6d</p>	<p>KRS 160.345(11) deals with physical activity policies in K-5 schools. http://www.lrc.ky.gov/KRS/160-00/345.PDF</p> <p>KRS 158.856(4) discusses the importance of nutrition and physical activity reports as well as developing local wellness policies to incorporate into the Comprehensive District Improvement Plan. http://www.lrc.ky.gov/KRS/158-00/856.PDF</p> <p>The Division of School & Community Nutrition outlines resources related to SB 172 - Local Wellness Policy Implementation. http://www.education.ky.gov/NR/exeres/DCFBACB2-8014-476A-AB7F-AA34570BF1BF.htm</p> <p>Jefferson County Public School's Health Promotion Schools of Excellence is a school-based program designed to promote and maintain healthy lifestyles and reduce health-risk behaviors of students, staff, and parents through a coordinated school health approach. https://apps.jefferson.k12.ky.us/hpse/hpseweb/default.asp?Intro.htm</p>
2	What opportunities exist for voluntary participation in physical activity during each school day? (e.g., 30 minute recess, 6 weeks of basketball after school)	Develop a wellness plan for your school that makes it possible for all students to exercise at least 30 minutes every day.	<p>AE 2.31, 2.34</p> <p>CCA PL-1.2.01, PL-2.2.01</p> <p>SISI 3.1a, 9.1a-9.6d</p>	<p>Kentucky Department of Education's "Physical Education and Other Physical Activity Programs" web page describe programs that promote physical fitness and well as the benefits to mental, social and emotional health. http://www.education.ky.gov/KDE/Administrative+Resources/School+Health/Physical+Education/Default.htm</p> <p>KDE "Physical Activity and Nutrition Integration Resources" web page highlights curriculum that combines academic achievement within various content areas (i.e., math, science, social studies, language arts) and improved health and physical education knowledge and skills. http://www.education.ky.gov/KDE/Administrative+Resources/School+Health/Physical+Education/Physical+Activity+and+Nutrition+Integration+Resources.htm</p> <p>www.take10.net is a fun, innovative curriculum tool for teachers that promotes content learning as well as meeting daily physical activity requirements to help children develop lifetime healthy behaviors.</p> <p>Fit Kids Classroom Workout demonstrates 5 and 10-minute exercise segments to increase student thought and cardiovascular flow. http://www.kineticvideo.com/links.asp?pid=5161&pc=canada</p>
3	Are all students eligible and encouraged to participate in school-related athletic activities? (e.g., intramural sports, before and after school programs)	Organize athletic activities (such as intramural sports, after school activities, or nutrition programs) in which every student may participate.	<p>AE 2.31, 2.34, 2.35</p> <p>CCA PL-2.2.01, PL-2.2.02, PL-2.3.02</p> <p>SISI 5.1a, 7.1h, 8.1c</p>	Action for Healthy Kids http://www.actionforhealthykids.org/ features the fun ReCharge! after school fitness program model and Changing the Scene - Improving the School Nutrition Environment tool kit.

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4	What mechanisms and equipment are available for students to exercise during lunch and other breaks? (e.g., weight room open at all times, free time in the courtyard)	Submit to the school site-based council a wellness policy that requires a healthy amount of physical activity for each student over the course of the school year.	AE 2.31, 2.34 SISI 7.1h, 9.1a-9.6d	KDE "Nutrition and Health Services" web page http://www.education.ky.gov/NR/exeres/DCFBA2B2-8014-476A-AB7F-AA34570BF1BF.htm offers a gateway to other resources relating to physical fitness. A study published April 2001 in the <i>American Journal of Public Health</i> cites children were 400-500% more likely to be physically active if given an attractive place to play and supervised by adults. Facilities that made the biggest impact on middle-school students include basketball, volleyball, tennis and racquetball courts along with baseball backstops. http://www.drgreene.com/21_482.html Model school wellness policies may be found at http://www.schoolwellnesspolicies.org/ .
5	What physical fitness events are offered through the school? (e.g., one day fitness celebration, charity race)	Conduct a physical fitness event or "fitness day" at your school. Include a way for each student/parent/community member to create a long-term plan for personal fitness.	AE 2.31, 2.34, 2.35 CCA PL-2.2.01 SISI 4.1i, 5.1a	Sponsored by the Health Information Resource Center, www.fitnessday.com website gives tips on organizing fitness events such as a Family and Health Fitness Day USA.
6	Does your school provide walking or biking paths for student/staff/community exercise or transportation?	Using both the Health and Safety Inventory and the Transportation Inventory, propose to the school site-based council an easy and safe method for students to walk or bike to school. Using both the Health and Safety Inventory and the Transportation Inventory, suggest to the PTA a location and description of a one-mile bike or walking path on school grounds or within the school neighborhood. A brochure or PowerPoint presentation could also be distributed to school families and community members.	AE 2.31, 2.34 CCA PL-2.2.01 SISI 4.1i, 5.1a, 7.1h, 8.1c, 9.1a-9.6d	Centers for Disease Control and Prevention offer a tool kit on developing walking and biking to school programs at http://www.cdc.gov/nccdphp/dnpa/kidswalk/resources.htm . The United Kingdom's official Walk to School Website, http://www.walktoschool.org.uk/ , includes resources for students, parents and the community. A British study published August 17, 2005 published in the British Medical Journal notes that students, 10-14 years old, who walked at least one way to or from school were physically more active and enjoyed the related benefits over those who traveled to school by car or bus. http://www.drgreene.com/21_1959.html

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7	What portion of school-based physical activity is offered outdoors?	Submit to the school site-based council a wellness policy that requires a healthy amount of physical activity for each student over the course of the school year.	AE 2.31, 2.34 CCA PL-2.2.01 SISI 9.1a-9.6d	Benefits of exercising outdoors verses indoors is explained on the Metabolic Effect website http://www.metaboliceffect.com/me_pages/benefitoutdoor.html .
8	How is fitness and wellness part of each grade's curriculum?	Locate and test health and fitness curriculum that students would enjoy and find beneficial.	Various Academic Expectations, Core Content for Assessment Standards, and Program of Studies. SISI 8.1e	Free youth fitness curriculum from the American Council on Exercise http://www.acefitness.org/ofk/ The President's Challenge "Fitness File" offers teachers with an assessment tool for measuring student fitness. http://www.presidentschallenge.org/ Written especially for girls, Bodywise explains the relationships between food, exercise, body appearance and self-esteem. http://www.girlpower.gov/girlarea/bodywise/index.htm .

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NUTRITION SECTION				
	Inventory Questions	Ideas for School Improvement	Connections to Kentucky Standards	Resources
9	Does your school allow the sale of foods and beverages with low nutritional value (i.e. junk food) through vending machines?	Propose a plan to the school site-based council to remove the vending machines or offer items with higher nutritional value such as milk and fruit.	AE 2.30, 2.31, 2.33 CCA PL- 1.2.01 PL- 1.3.01 PL- 1.3.02 PL- 3.1.01 PL- 3.1.02 PL- 3.1.03 SISI 5.1a, 7.1h 9.1a-9.6d	KDE "Nutrition and Health Services" web page https://kyeascn1.state.ky.us/nutrition/ offers a gateway to other resources relating to physical fitness. Resources relating to Senate Bill 172 - An act relating to Health and Nutrition in Schools and Section 204 Child Nutrition and WIC Reauthorization of 2004 are found at https://kyeascn1.state.ky.us/nutrition/sb172.asp . Dietary Guidelines for Americans 2005 is available at http://www.healthierus.gov/dietaryguidelines/ . One study shows that sodas may contain cancer-causing benzene http://www.organicconsumers.org/foodsafety/benzene060303.cfm .
10	Does your school or district have a food service manager trained/credentialed in nutrition and food safety?	Develop a school nutrition plan that includes continuing education courses or local training for food service managers.	AE 2.33 CCA 3.3.02 SISI 6.1b	Course requirements of the School Food Service Certification program are explained in https://kyeascn1.state.ky.us/nutrition/nslsbp/SFSCertification.doc . The Society for Nutrition Education, http://www.sne.org/ , is an organization for nutritional professionals providing forums for nutrition education, expressing views on important issues and disseminating research findings.
11	What percentage of school meals contains lean meats and dairy products, whole grain foods, fruits and vegetables?	Analyze school menus to determine if choices meet current nutritional standards. Suggest alternatives in areas that need improvement to food service staff.	AE 2.31 CCA PL- 1.3.01 PL- 1.3.02 SISI 9.1a-9.6d	Dietary Guidelines for Americans 2005 is available at http://www.healthierus.gov/dietaryguidelines/ . USDA's National School Lunch Program http://www.fns.usda.gov/cnd/Lunch/ Nutrition Café http://www.exhibits.pacsci.org/nutrition/default.html has three interactive games to play and examine your knowledge of the nutritional value of different foods.

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12	What percentage of school meals serves fried foods such as French fries, fried fish or chicken strips?	Conduct a survey of students and staff to discover which nutritious foods are preferred. For example, are green beans more popular than carrots? Are bananas more popular than cantaloupe? Share your findings with cafeteria staff to help them provide popular choices with higher nutritional value.	AE 2.31 CCA PL- 1.3.01 PL- 1.3.02 SISI 4.1a	Scroll under Current Projects and Research at the Harvard Prevention Research Center on Nutrition and Physical Activity, http://www.hsph.harvard.edu/prc/projects.html , for an integrated elementary school curriculum called "Eat Well and Keep Moving". Sample Lesson 16 is titled "Hunting for Hidden Fat." Healthy recipes written in cafeteria quantities can be found at http://docs.schoolnutrition.org/recipes/ .
13	Does your school menu allow students/staff to choose between foods such as lean meats and dairy products, fruits, vegetables and whole grain foods and less nutritious alternatives such as fried foods, chips and soft drinks?	Develop a school nutrition plan that allows students and staff to choose menu items with higher nutritional value.	AE 2.30, 2.31 CCA PL- 1.2.01 PL- 1.3.01 PL- 1.3.02 PL- 3.1.01 PL- 3.1.02 PL- 3.1.03 SISI 9.1a-9.6d	Sponsored by the USDA for children 6-11 years old, http://mypyramid.gov/kids/index.html , MyPryramid offers fun activities to show the relationship between what students eat and physical fitness.
14	Does your school menu contain nutritional information about the foods that are served regularly?	Determine the nutritional value of all the foods in the five meals served most often in your school. Display the nutritional information in the school cafeteria on posters. Propose a method of sending nutritional information to students, staff and parents on a regular basis.	AE 2.30, 2.31 CCA PL- 1.2.01 PL- 1.3.01 PL- 1.3.02 PL- 3.1.01 PL- 3.1.02 PL- 3.1.03 SISI 4.1i, 5.1a	Staying Healthy, http://www.kidshealth.org/kid/ , offers a collection of articles, written for kids, describing a number of health issues. Try out Fabulous Food and KidsHealth Recipes for Kids. SmartMouth for Kids http://cspinet.org/smartmouth/ has interactive activities including a section called "Ask Gus" to help make wise consumer decisions using food labels. Dining Room Demos offers resources and step-by-step directions for successful cafeteria displays at http://www.schoolnutrition.org/Index.aspx?id=1138 .

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15	Are there any mechanisms available to buy organic or locally grown food?	Present the nutritional, environmental and economical benefits of buying organic or locally grown food to the school's site-based council.	AE 2.30, 2.31, 2.33 PL-3.3.01 PL-3.3.02 SISI 5.1a, 7.1h	Organic Consumers Association's recommendations to improve Children's Environmental Health are at http://www.organicconsumers.org/sos.htm . A California teenager explains the benefits of eating locally grown food http://teenink.com/Past/2005/December/19579.html . Publish your own nutrition plan through The Young Author's Foundation, Inc. David Suzuki Foundation offers a challenge to buy locally grown food for many reasons http://www.davidsuzuki.org/WOL/Challenge/Food.asp .
16	How is nutrition part of each grade's curriculum?	Locate and test health and nutrition curriculum that students would enjoy and find beneficial.	Various Academic Expectations, Core Content for Assessment Standards, and Program of Studies. SISI 8.1e	Scroll under Current Projects and Research at the Harvard Prevention Research Center on Nutrition and Physical Activity, http://www.hsph.harvard.edu/prc/projects.html , for an integrated elementary school curriculum called "Eat Well and Keep Moving" or the middle school curriculum called "Planet Health." School Nutrition Association's resources for teachers, http://www.schoolnutrition.org/Index.aspx?id=1138 , even includes a list of children's literature books on nutrition. Team Nutrition has various resources for teachers http://teamnutrition.usda.gov/educators.html . Earn national recognition for your school in the HealthierUS School Challenge http://teamnutrition.usda.gov/HealthierUS/index.html .

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SAFETY AND DISEASE TRANSMISSION SECTION				
	Inventory Questions	Ideas for School Improvement	Connections to Kentucky Standards	Resources
17	What percentage of time is a school nurse located at your school?	Partner with your local health department for an in-school clinic.	AE 2.31, 2.33 CCA PL-1.4.02 PL-3.3.02 SISI 8.1c	KDE's Health and Safety Policies and the Environment web page is found at http://www.education.ky.gov/KDE/Administrative+Resources/School+Health/Health+and+Safety/Default.htm . Find the contact information for your local health department at http://chfs.ky.gov/NR/rdonlyres/4AAE2702-DA35-4731-B820-3A4DA053D09B/0/LHDDirectorListing120705.pdf .
18	Does your school have a designated first aid room with a sink and toilet?	Partner with your local health department for an in-school clinic.	AE 2.31, 2.33 CCA PL - 1.4.02 SISI 7.1h	Local health departments offer many resources including suggestions to meet your needs http://chfs.ky.gov/dph/Local+Health+Department.htm .
19	Are students required to wash their hands before meals and at other appropriate times?	Design a campaign to increase the number of times students wash their hands during the school day. Post student-created signs at hand washing facilities to remind people of the importance of hand washing.	AE 2.31 CCA PL – 1.2.02 SISI 4.1i, 7.1h	Procedures for hand washing are stated in the Kentucky Health Services Reference Guide (HSRG) http://www.education.ky.gov/users/ineal/HSRG/ch5/Universal_precautions.pdf . Hand washing links including teacher resources are found at http://www.glogerm.com/worksheet.html . One example of lesson plans for grades K-6 is found at http://www.glogerm.com/worksheet.html .

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20	Does your school have a system for tracking student and staff's health-related complaints by date, time, location and symptoms as well as accidents and injuries?	Develop a log sheet and place in a location where staff and students seek assistance (e.g., office, school nurse station). Create a computer program to track health-related complaints over one year. Analyze the data for patterns.	AE 2.31 CCA PL-1.4.02 SISI 4.1i, 7.1h	Find information about the Coordinated School Health Program supported by KDE at https://kyscsh1.state.ky.us/nutrition/CSH.htm . KidsHealth website http://www.kidshealth.org/index.html includes special sections for kids, teens and parents with information about health and safety.
21	What is your student immunization rate?	Compare your class immunization rate with state and national data. Implement a plan to increase the immunization rate in your school.	AE 2.31, 2.33 CCA PL - 1.2.02 PL-3.3.02 SISI 4.1i, 5.1a	School and Childcare Vaccination Surveys show Kentucky statistics at http://www.cdc.gov/nip/coverage/schoolsurv/overview.htm . Kentucky information relating to school immunizations is found on http://www.education.ky.gov/KDE/Administrative+Resources/School+Health/Health+Services/Default.htm .
22	Does your school have the following written plans and/or policies?	Study one of the plans or policies that your school has in place. Who is the head officer? What type of training do staff and students receive to carry out the plan? How can students help the plan work more effectively?	AE 2.31, 2.33 CCA PL - 1.2.02 PL-1.4.01 PL-1.4.02 PL-3.3.02 SISI 4.1i, 5.1a, 6.1b, 7.1h, 8.1c, 9.1a-9.6d	Kentucky Health Services Reference Guide (HSRG) contains a wealth of information http://www.education.ky.gov/KDE/Administrative+Resources/School+Health/Health+Services/HSRG+Table+of+Contents.htm .
A	safety plan for staff, students and visitors?			Only one-third of school districts nationally have done needs assessments or formally begun to improve their school's health services. Read all that is involved in a plan at http://education.ky.gov/users/ineal/HSRG/ch2/Conceptual_model_for_school_health_services.pdf .
B	security plan?			Kentucky Center for School Safety http://www.kysafeschools.org/
C	emergency/disaster/terrorism plan?			National Program for Playground Safety http://www.uni.edu/playground/home.htm
D	chemical hygiene, handling and spill plan?			Playground Injury Fact Sheet http://www.cdc.gov/ncipc/factsheets/playgr.htm
E	bloodborne pathogen and biological spill plan?			Handbook for Public Playground Safety http://www.cpsc.gov/cpscpub/pubs/325.pdf
F	emergency nurse services plan?			Centers for Disease Control's Healthy Schools Healthy Youth http://www.cdc.gov/HealthyYouth/index.htm

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22 cont.	Does your school have the following written plans and/or policies?	Develop a plan or policy for one of the areas that your school needs improvement. Make sure all people involved understand the plan and the roles that they play. Using both the Health and Safety Inventory and the Indoor Air Quality Inventory, conduct a survey of students and staff who have allergies. Develop a plan to reduce allergy and asthma triggers.		<p>KDE's HIV/AIDS Prevention Program http://www.education.ky.gov/KDE/Administrative+Resources/School+Health/Health+Education/HIV-AIDS+Prevention+Program.htm</p> <p>Requirements of a bloodborne pathogen policy http://www.education.ky.gov/users/ineal/HSRG/ch5/Infection_Control.pdf .</p> <p>The local health department inspects school facilities at least twice annually http://chfs.ky.gov/dph/info/phps/schools.htm.</p> <p>Technical information from OSHA about Lock-out/Tag-out (LOTO) http://www.itd2.com/lotto.htm describes staff training, emergency preparedness and control of hazardous energy.</p> <p>The American Red Cross, http://www.redcross.org, has local offices that provide training for staff in a variety of health and safety areas.</p> <p>Kentucky's Safety Educator Standards http://www.kyepsb.net/documents/EduPrep/Safety%20Standards.doc</p>
G	playground safety plan?			
H	policies for limiting outdoor activities due to temperature extremes or high levels of ozone or ultraviolet radiation?			
I	policies for managing allergies and asthma including Epi-Pen use and latex allergies?			
J	policy for administering medication/self-medication?			
K	lock-out/tag-out policy?			
L	policy for equipment safety, personal protective equipment and/or ergonomics?			
23	How is safety and disease transmission part of each grade's curriculum?	<p>Locate and test safety and disease transmission curriculum that students would enjoy and find beneficial.</p> <p>Celebrate Safe Schools Week in October.</p>	<p>Various Academic Expectations, Core Content for Assessment Standards, and Program of Studies.</p> <p>SISI 8.1e</p>	<p>For K-8 teachers, this resource page http://www.kysafeschools.org/pdfs&docs/clearpdf/ssweek/teacherresk_8.pdf contains links on a variety of school safety topics.</p> <p>For teachers of grades 6-12, this resource page http://www.kysafeschools.org/pdfs&docs/clearpdf/ssweek/teacherres6_12.pdf contains links on a variety of school safety topics.</p> <p>The American Red Cross interactive section for youth is accessed through http://www.redcross.org/services/hss/youth/. ARC also has curricula for various health and safety areas.</p>

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